

# Ovens for Backpacking



♪ HE AIN'T HEAVY, HE'S MY OVEN ♪

Backpacking meals often seen limited in variety due to the nature of their preparation over light weight backpacking stoves. If an oven was available, all sorts of additional amazing foods become possible. Two main problems exist when trying to use baking ovens for backpacking: size and weight. The size of the oven takes physical space in the pack or must be strapped to the outside. The weight of the oven is dead weight in or on your pack. As seen from the table below, many of the traditional Dutch ovens weigh quite a bit. Cast iron Dutch ovens are not suitable for backpacking at all and aluminum Dutch ovens are only marginally suitable.

Size (Diameter)	Material	Weight (lbs)
5 inches	Cast Iron	3
8 inches	Cast Iron	10
10 inches	Cast Iron	13
12 inches	Cast Iron	20
12 inches (deep)	Cast Iron	22
14 inches	Cast Iron	26
14 inches (deep)	Cast Iron	28
16 inches	Cast Iron	32
10 inches	Cast Aluminum	5
12 inches	Cast Aluminum	8

What can you do if you would like to try and bake in the wilderness some of the same delicious recipes you bake at home? It is possible solve this conundrum by building your own lightweight Dutch oven (approximately 8 oz) suitable for backpacking.

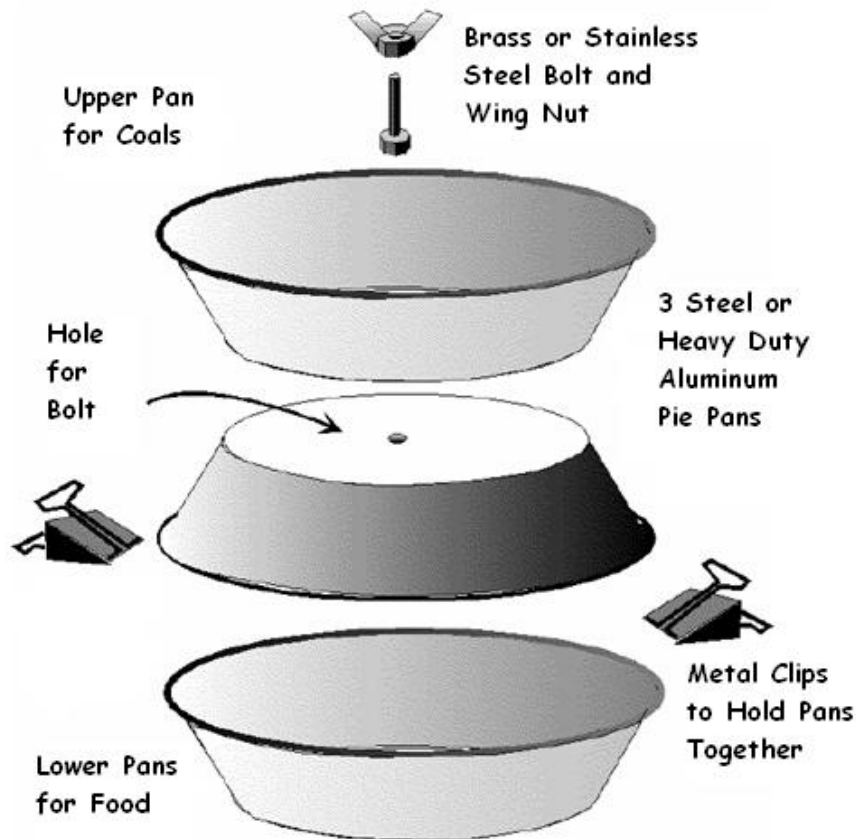
**Materials needed:**

- 3 heavy duty 9” aluminum pie pans are preferred. Steel pie pans may rust.
- 1 spray can high temperature resistant flat black paint
- 1 stainless steel or brass bolt with wing nut.
- 2 clips (see diagram)

**Directions:**

1. Spray paint the outside surfaces of the pie pans which will come in contact with the coals (see diagram below) and allow to dry. Do not get any paint on the inner cooking surfaces.
2. Nest two pans together.
3. Drill one hole in the middle of the pans big enough to thread your screw.
4. Flip one pan over and place the bottoms together. Thread your screw through the hole, attach the wing nut, and viola; you have a lightweight Dutch oven.
5. Cooking surfaces will need to be oiled to prevent sticking.
6. To pack, unscrew your wing nut, stack pie plates inside each other, and place hardware into a small Ziploc bag.

The diagram below shows the basic setup. The pans are supported above the coals by using rocks or metal tent stakes.



With a backpacker oven you can bake the same items in the wilderness that you bake at home. You now have the opportunity to bring your favorite baking recipes when trekking in the backcountry. Prepare biscuits for breakfast and pizza for dinner; whatever your heart desires. Make lasagna, bake a cake, be creative. Anything that fits inside of the pans can be baked anywhere you go.

If you don't want to make your own backpacker oven, you can make good use of the available commercial backpack ovens to cook your meals outdoors. Many of these backpack ovens are small and lightweight as well as effective and easy to manage. Listed in the table below are a few different types of commercial backpack ovens.

<b>Product</b>	<b>Material</b>	<b>Weight</b>	<b>Size</b>
BakePacker Ultralight	Aluminum	4 oz	5 3/4" diameter
BakePacker Standard	Aluminum	8 oz	7 3/8" diameter
Bemco Reflector Oven	Aluminum	24.6 oz	7" x1.5" x 12" folded
Bemco Reflector Oven	Aluminum	29.6 oz	8" x1.5" x 12" folded
Bemco Reflector Oven	Aluminum	41.6 oz	9" x1.5" x 12" folded
Outback Oven Ultralight	Aluminum	9.5 oz	Not available
Outback Oven	Aluminum	26 oz	10" diameter

BakePacker can be viewed at: <http://www.bakepacker.com/>

Bemco's Backpacker Ovens can be viewed at: <http://www.backpackeroven.com/>

Outback Oven can be viewed at: <http://www.backpackerspantry.com/>